

Senior Reach: A Successful Program Serving Older Adults



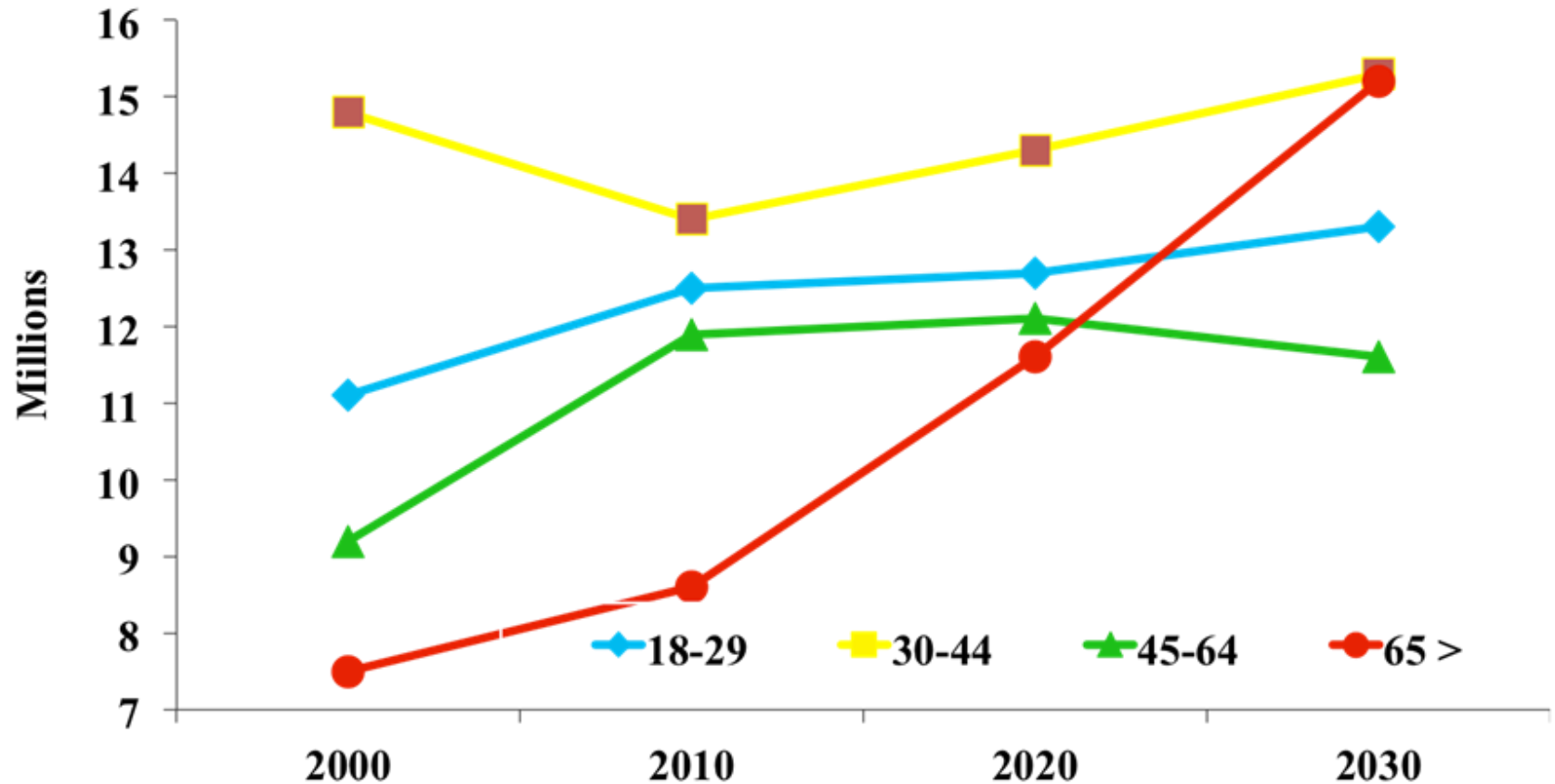
Seniors Are Coming- Are You Ready?...

- 13 percent of U.S. population age 65+; expected to increase up to 20 percent by 2030
- 83 million 'Baby Boomers' (born from 1946-1964) in U.S. Census 2000
 - Second wave 'Baby Boomers' (now aged 35-44) contains 45 million

www.census.gov



Mental Health Implications: Projected Prevalence of Major Psychiatric Disorders by Age Group



Jeste, Alexopoulos, Bartels, et al. 1999

What is Senior Reach?

- An evidence-based program that provides behavioral health treatment, wellness and care management services who are isolated, frail, or need support
- A program that trains Community Partners (28,500 trained in Colorado and Kansas) on how to recognize the early warning signs of when an older adult may need assistance and where to refer
- A single entry point program with a 93% engagement rate
- A program that has partnered with doctors' offices to screen older adults for depression and at risk substance use in order to provide follow-up services



What Does a Senior Reach Community Partner Do?

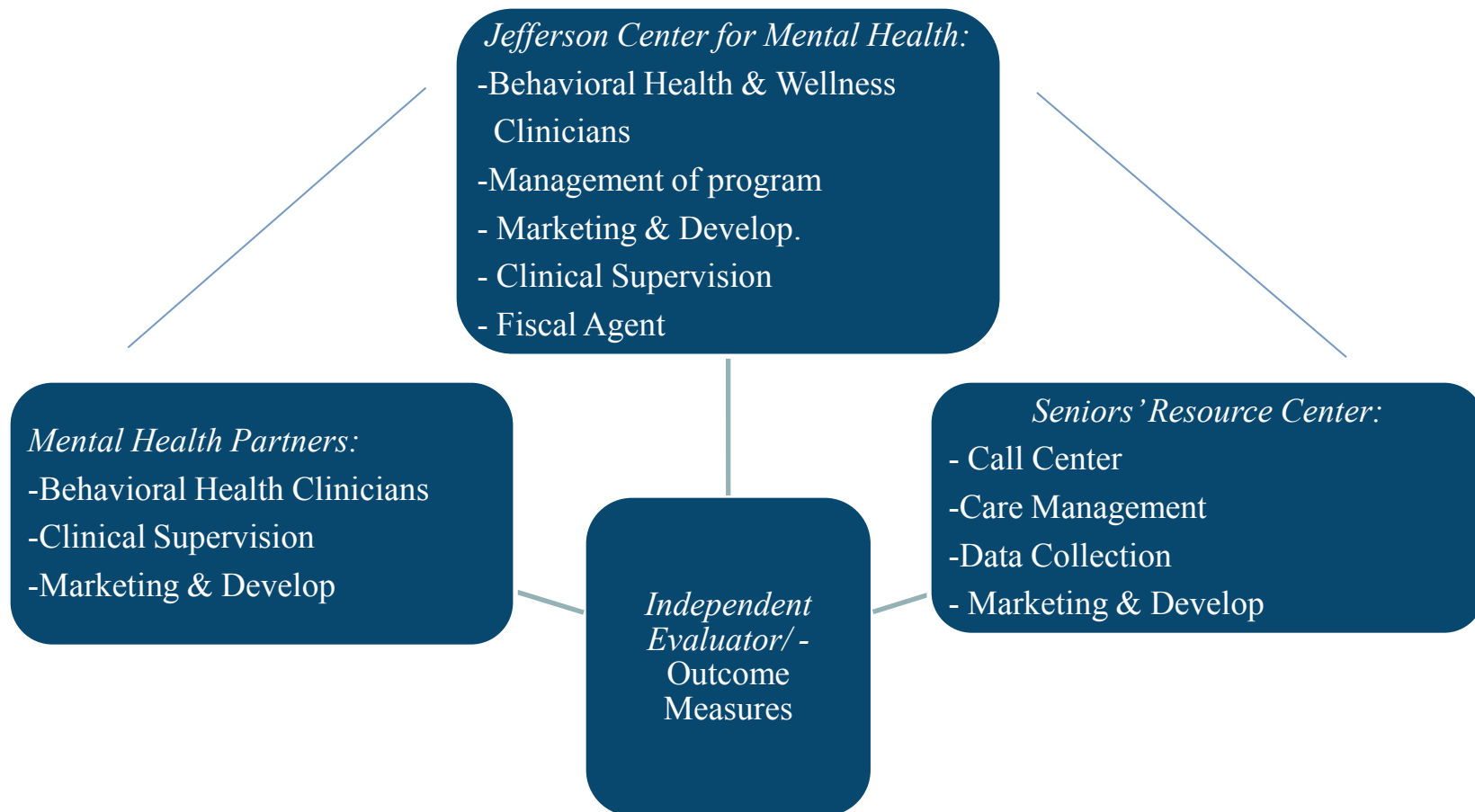
- Community Partners are professionals and individual community members who have been trained in identifying and referring older adults in need of assistance
- They become keen observers of an older person's personal appearance, mental and emotional states, personality and physical changes, poor health, social problems, substance abuse, caregiver stress, abuse or neglect, social isolation, financial hardship, and the risk factors of suicide



[http://www.jeffersoncentermentalhealth.org/Senior
Reach/](http://www.jeffersoncentermentalhealth.org/SeniorReach/)

How is Senior Reach Innovative?

Collaborative Management & Partnership



Benefits of Community Partnerships

- Better use of resources and expertise- leverage one another's strengths
- Better community infrastructure to support seniors- working together
- Reduce stigma regarding mental health
- Senior Reach has become part of the fabric of our communities
- Better case finding- getting more services to more seniors before a crisis develops!

Research Data- 14 Statistically Significant Outcomes* Including...

- Better overall level of functioning
- Increased optimism about the future
- Increased positive activities with others
- Reduction in social isolation
- Decreased emotional disturbance
- Decreased risk of suicide
- Better outcomes on the Geriatric Depression Scale

*Indicates statistically significant change at $p < .05$ from time of enrollment to discharge-paired sample t-tests.

Bartsch, D.A., & Rodgers, V.K. (2009). Senior Reach Outcomes in Comparison with the Spokane Gatekeeper Program. *Care Management Journals*, 3(10), 82-88.



Senior Reach Accomplishments

- ✓ Population- based model that focuses on prevention
- ✓ Reduced fragmentation
- ✓ Proven engagement rate & outcomes
- ✓ Enhanced customer experience/ satisfaction
- ✓ Senior Reach is pending approval for national recognition as an evidence-based practice through SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).



Expanding Our Impact...

- Senior Reach is providing integrated care in multiple primary care practices. Over 4,000 older adults have been screened within 12 months and over 637 brief interventions have been provided for depression and at-risk substance use. 29% of those screened were positive for depression and 11% were positive for at risk alcohol, substance, prescription misuse
- What we're learning:
 - screening in PCP offices is effective for early detection and case finding for older adults
 - effective referral protocol and care coordination
- Colorado Senior Reach Outreach and Education Program



Senior Reach by the Numbers...

Senior Reach Impact: 2005-2012

Community Partners Trained: 28,500

Number of Seniors Receiving a Behavioral Health Episode of Care: 2,000

Health Fair Screenings for Depression: 500

Number of Seniors Who Have Received Wellness Services: 3,750

Number of Seniors Screened for Depression and At-Risk Substance Use via Primary Care Practices: 4,000

Number of Brief Interventions for Depression and Substance Use: 637

Senior Reach Remains a Vital Part of our Community Because...

- By 2020, the 60+ population will have more than doubled
- Some seniors have little or no support from family and friends
- Seniors often face multiple challenges that can be effectively addressed by Senior Reach
- Senior Reach fills a critical gap in services and is able to provide assistance before a crisis develops

We Would Love to Partner with You!

- Bring Senior Reach into your Community!
- Senior Reach technical assistance
- www.seniorreach.org



Please Visit Our Website

- For more information, please visit,
www.seniorreach.org

Please Contact Us!

- Teresa Legault, MPA
Project Director, Senior Reach Manager
teresal@jcmh.org
- Liz Smith, LCSW
Director of Senior Services
lizsmith@jcmh.org
- Vicki Rodgers, MS, LPC
VP of Clinical Systems Administration
vickir@jcmh.org